

Hindsight is 2020

Face forward into the New Year by focusing on your health and weight loss goals with Naturally Slim® (NS).

Give yourself some grace and start the New Year off strong with NS. We're setting clinically-proven resolutions—based on skill, not willpower—every day to lose weight, sleep better, and reduce stress.

The City of St. Louis gives you the opportunity at no cost. No gimmicks. No food you need to buy. Through NS's weekly videos, you'll build lifelong healthy habits that can improve your physical and mental health.



If you are eligible, you can start the program today! Apply between January 4 - 15, 2021.

www.naturallyslim.com/STLCity

Employees, spouses, domestic partners, adult dependents (over age 18), and retirees covered under the City of St. Louis Anthem medical plans are eligible to participate.